

Summer Gymnastic Camp Weeks

Description of the Gymnastic Camp:

Our gymnastics camp is for boys and girls who are 5 years old and older. Children will work on gymnastic events: Floor, Vault, Uneven Bars, High Bar, Balance Beam, Rings, Parallel Bars, Power Track, and Trampoline. Children will be split into groups by age and ability.

A typical camp day is:

7:00 am: Extended Care (Movie)

8:50 am: Campers assemble

9:00 am: General Gymnastics Warm Up

9:15 - 10:45: Gymnastic Event

10:45 - 11:15: Snack & Craft

11:15 - 12:00: Gymnastic Event

12:00 - 1:00 Lunch

1:00 - 1:30 Group Game

1:30 - 2:00 Gymnastic Events

2:00 - 3:00 Rehearsal for Show

3:00 - 3:30 Snack

3:30 - 4:00 Games

4:00 - 6:00 Extended Care (Movie)



Camp Themes: Each week has a special theme. Activities during the week will be geared towards that theme and then one day each week will be the “special” day with extra special activities. Each Friday at 3:50 pm our FULL day campers will put on a show for their parents using the gymnastics skills they learned with some “theme” related elements in their routine.

Snacks and Lunches: We have a refrigerator and freezer available. Please make sure to label all snacks, drinks, and lunch boxes. Full Day campers should bring 2 snacks and a lunch. Half Day campers should bring a snack.



Campers should bring an extra set of clothes, snack, drinks, and towel to camp each day.

A minimum of 6 athletes are required to run a camp week.

Weeks:

Week 1 (Circus): June 23rd - June 27th

Week 2(Holiday): July 7th - July 11th

Week 3(Survivor): July 14th - July 18th

Week 4 (Beach): July 21st - July 25th

Week 5 (Pirate): July 28th - August 1st

Week 6 (Crazy): August 4th - August 8th

Week 7 (Olympic): August 11th - August 15th

**Please note themes may change depending on weather

Cost per week:

5 Days (9-4) : \$ 275

4 Days (9-4) \$ 230

3 Days (9-4): \$ 175

5 Days (9-12): \$ 175

4 Days (9-12): \$ 140

3 Days (9-12): \$ 125

Limited number of campers per week.

Please ask the Front Desk about Family Discounts
Must be a weekly full day camper to be eligible for discounts

There is a \$25 Non-Refundable Registration fee per child due at the time of enrollment.

Extended Care:

Morning Care: 7:00 am - 8:30 am \$ 10 a day

After Care: 4:00 pm - 6:00 pm \$ 10 a day

Both (morning & after): \$ 15 a day

Special Day Lunch: Each Wednesday there will be Pizza Day. The special lunch will be pizza, fruit, dessert, and drinks. Orders must be in on the Monday of the week attending. Lunch is \$7.